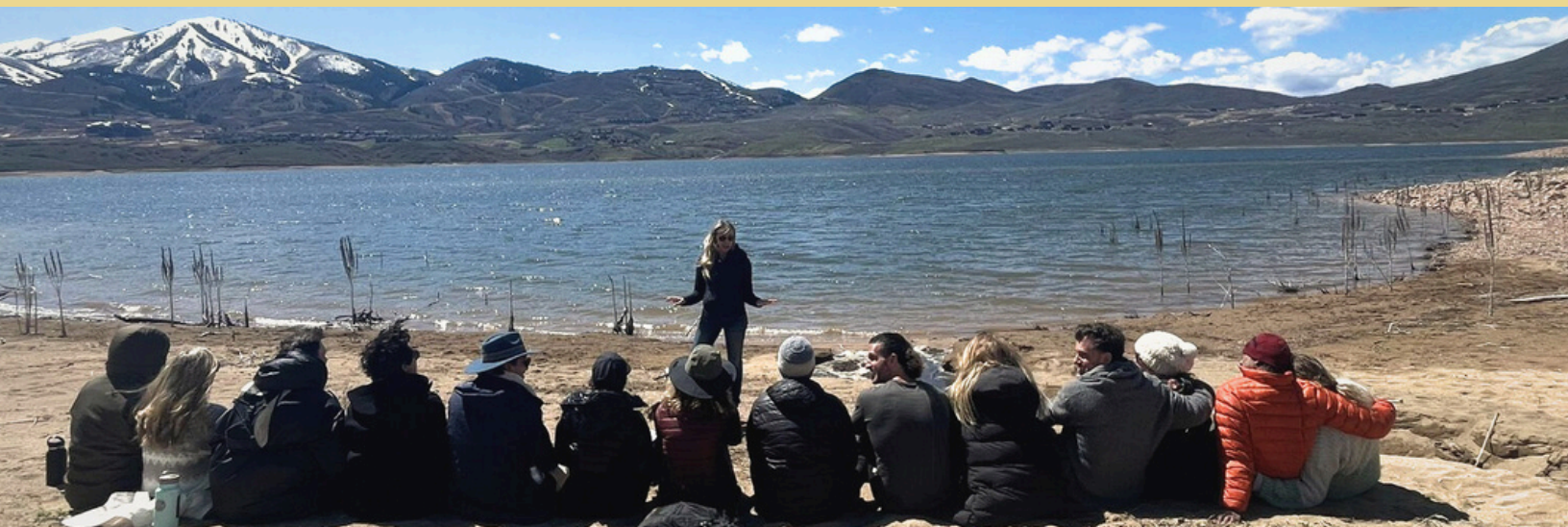


Learn to release **MESS** (**M**emory, **E**mootional Energy, and "**S**tuck **S**tory") from the brain and body to become fully **FREE + SELF-RELIANT**.

**PARK CITY, UTAH | MARCH 26-29, 2026**



# RELEASING + REFRAMING

A 4-DAY RETREAT INTENSIVE

**MODULE 1: (EQ) Emotional Intelligence Quotient**

**MODULE 2: (BQ) Body Intelligence Quotient**

Biochemically level up your life by understanding the conscious and unconscious patterns that have created your personality. And the belief patterns or stances that can make relationship dynamics feel like they are on "repeat".

## BECOME AN EMOTIONAL ATHLETE

This is a r/evolutionary emotional intelligence (EQ) course to lay down the fundamentals that allow you to "biohack" the body in ways that immediately clear trauma, events, and catabolic (destructive) emotion or belief patterns stuck in the tissues of the body and the EMF field.

**The Graceline Institute** is a Spiritual Sciences and Interactive Art Institute Specializing in Emotional Intelligence, Consciousness, Self-Sovereignty and Service to Ecology.

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Original "Cymatics-into-Somatics"  
Fractal Films & Sound Technologies  
made at global temples by our Founder,  
Mickaela Grace to clear memory and  
MESS from the field NON-VERBALLY.



## MODULE 1: (EQ) Emotional Intelligence

### GET RID OF M.E.S.S FROM HISTORY TO PRESENT

- **Reset the nervous system from extremism** and flight/fight/freeze/appease responses that cause inner and outer conflict and repetition. And learn to self-repair moments of Soul Loss.
- **Clear FOLDS (Family of Origin Limbic Dynamics and Stances)** that can cause 'parent-child' dynamics or competitive power struggles to trickle into parenting, romantic, and work-related relationships—causing repetitive conflict, fatigue, illness, habit, addiction, or lack of chosen outcome.
- **Learn non-verbal release systems for going beyond talk therapy** to fully be done with your own limiting stories, victim stances, and emotional memory. These are actual conflict de-escalation tools, meditation, breath work, sound, and movement technologies for powerful reset.
- **Stabilize organ and power systems** (mitochondria and electric boundaries) in the body as you become your own best friend, advocate, healer, and BS detector.
- **Heal illness while increasing intuition and resilience.** Once you learn how to take conscious administrative authority over the torus and electric body, both immunity and intuition amplify.
- **Create an inner sense of adulting** that is so rock solid that no person, place, or thing can knock you off center from your own inner worth and identity.

//  
HIGHER HARMONY BEGETS STRONGER GEOMETRY.  
STRONGER GEOMETRY BEGETS HIGHER HARMONY.  
//

- Mickaela Grace



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//  
NO ONE  
HAS SAY NOR SWAY  
OVER YOUR IDENTITY.  
GRID UP.

// - Mickaela Grace

## MODULE 2: (BQ) Body Intelligence

### UNBIND FROM EVENTS USING THE BODY AS GOOD INSTRUMENT

Now that Mod 1 has stabilized the E+S (Emergency Services) hard drives of the 6 EMPEGS system, let's level you up by using the BODY as your best intuitive instrument-- and a powerful tool for SOMATIC RELEASE WORK.

**The body is a truth detector, a tuning fork, and a super computer!** Learn BQ techniques for staying on the re/evolutionary edge of your self-development using the BODY as your best intuitive instrument.

- **Use DIY Kinesiology (muscle testing) for inner investigation**, pattern-tracking, emotional clearing, "belief upgrading," clarity, medical dowsing/dosage, and better decision making.
- **Become a master "pattern tracker" by understanding longterm (geometric) impact on the body from memory**, events, genetics, beliefs, miasms, and static emotion. Learn to shed "either/or" extremism, finite thinking, negative expectations, the dangers of anxiety and depression, contrary beliefs, genetic inheritance, faulty self-esteem, and the "shadow magnetics" in relationship dynamics.
- **Learn to interrupt limbic loops that cause unwanted outcomes.** At the exact moment of a trauma, we attempt to "master life" by birthing coping mechanisms that are "born of the same EQ wattage or frequency of the wound itself"—so we are enslaved to the magnetics of an echo and repeat of unwanted outcome—until we reset the loops.
- **Practice actual tools for de-escalation, conflict resolution and EQ/BQ negotiations** to better serve your family, friends, teams, and community.



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Do not look up, look forward.  
The sage is not above, but at YOUR feet.

**TRUE** SOVEREIGNTY REQUIRES  
**FULL RESPONSIBILITY.**

/// We decided, and so, we became. ///

A Graceline Foundational Pillar - Mickaela Grace

## YOUR RETREAT FACULTY



### Mickaela Grace | Founder, Healer, Artist

Mickaela is the founder of the Graceline Institute, an Emotional Intelligence (EQ) and spiritual sciences school devoted to human transformation and environmental Activism (Art Activism).

With 25+ years of experience in natural medicine, meditation, and consciousness coaching, Mickaela specializes in upleveling the world's thought leaders and high performers. Her original EQ-centric curriculum employs "Flower-of-Life" ancient wisdom fused into "Cymatics-into-Somatics" Fractal Films, Temple Technologies, and Sound Healing modalities that rid the body of negative patterning. Mickaela gnostically believes that we are meant to bow to no outward authority figure, healer, leader, parent, pill, nor politician, but should instead find mastery over self, making each individual an artful and healthier cell in the wider organism of humanity.

"Mickaela's training completely transformed my life. I released decades-old childhood trauma and shattered emotional barriers that kept me from giving or receiving love. In just one seminar, my heart opened fully, transforming my love life and how I experience connection. Out of every program I've tried, this was the most profound. If you're ready to heal deep-seated wounds and unlock your heart's capacity to love, then RUN to this work. This is where freedom begins." --Jake



## DATES & REGISTRATION

**Mar 26** 8am-8pm

**Mar 27** 8am-8pm

**Mar 28** 8am-8pm

**Mar 29** 8am-3pm

**\$1,888/person**

Full refunds available up to 30 days before event.  
Non-refundable after 30 days (but credits offered for medical emergencies).

**REGISTER**



This retreat is half off for students returning to Mod 1+ 2 for the second time.  
Email [support@gracelineinstitute.org](mailto:support@gracelineinstitute.org) to inquire.

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